

Will I need to take diabetes medicines?

If you cannot reach your target blood glucose levels with a healthy eating plan and physical activity, you may need diabetes medicines. The kind of medicines you'll take will depend on your type of diabetes, your schedule, and your other health problems. Diabetes medicines help keep your blood glucose in the target range.

Your doctor will prescribe any medicines you need, including **insulin**. Insulin helps your blood glucose levels stay on target by moving glucose from your blood to your body's cells. You will need to take insulin if your body no longer makes enough.

Be sure to take your medicines as directed by your doctor.